

Capecitabine Treatment Diary

Information for patients



Leeds Cancer
Centre

This booklet aims to give you information about your Capecitabine chemotherapy tablets.

We hope this will help answer any questions you may have. It also contains a treatment diary to help you to remember to take your medication. Use the diary to record any side-effects that you may experience or questions you may have about your treatment.

Please ask your doctor or nurse if you have any questions or concerns.

How does Capecitabine work?

Capecitabine is a tablet you swallow which is then absorbed into the blood stream. Capecitabine may stop cancer cells from growing, causing the tumour to shrink or disappear.

How should I look after my Capecitabine tablets?

- As Capecitabine is a chemotherapy drug always wash your hands thoroughly before and after handling the tablets.
- Capecitabine should be stored in a cool dry place at room temperature.
- Never share Capecitabine with anyone; it has been prescribed for you personally.
- Keep this and all other medicines out of the reach of children.
- If you or someone else takes Capecitabine by accident, or takes more than the prescribed dose, contact St. James's University Hospital immediately.

Tel: **0113 243 3144** and ask for the Oncology bleep holder (24 hour telephone number).

Special care when taking capecitabine:

- Flush the toilet twice after use with the lid down.
- If possible, men should urinate sitting down.
- Please use gloves when cleaning up any spillage of waste products (urine, diarrhoea or vomit)

How to take Capecitabine tablets

The Capecitabine tablets come in two strengths:



150mgs and **500mgs** tablets.

Your hospital doctor will prescribe your Capecitabine in treatment cycles. In each cycle you will take your capecitabine tablets twice a day. You may have to take a combination of both strengths of tablets. This is calculated using your height and weight. It will be clearly written on the boxes of tablets how many you will need to take and the pharmacist or nurse will explain this to you.

Your doctor or nurse will explain how many days you need to take the tablets for. You may have a rest period, when you do not take your capecitabine tablets. This will be explained to you.

- Take the tablets in the prescribed combination, each morning and night.
- We suggest you take the Capecitabine tablets 12 hours apart, for example 9am and 9pm.
- Capecitabine tablets should be taken within 30 minutes of eating a meal or snack.
- Do not chew or crush the tablets.
- Take the tablets with water.

- If you have problems swallowing tablets you can dissolve the capecitabine tablet in warm water. They may taste bitter so adding orange juice can help them taste better.
- If you have any capecitabine tablets left over please return them to the hospital.

What if I miss a dose?

If you miss a dose only take your regular dose at the next scheduled time. Don't double up the next dose to try to make up for the dose missed. If you are sick and think you may have vomited the tablets back up, do not take the dose again or double up your next dose.

Taking other medicines with Capecitabine

You should inform your doctor or nurse at the hospital about any other medicines you are taking or plan to take before starting capecitabine. This includes prescribed medicines and those you get without a prescription including herbal or vitamins. This is **very important** as taking some medicines at the same time can strengthen or weaken the effect of the capecitabine tablets.

Be particularly careful if you are taking any medicines for:

- Gout (eg Allopurinol),
- Blood thinning medicines (eg warfarin),
- Some antiviral medicines,
- Medicines for seizures or tremors (eg pheytoin).
- Medicine that contains Folic Acid

Your hospital doctor or nurse **must be made aware** of these as they may advise you to stop the medication before you start your capecitabine or change the dose.

Your starting Capecitabine dose

<i>Morning number of tablets</i>			
500mg tablets:	150mg tablets:
<i>Evening number of tablets</i>			
500mg tablets:	150mg tablets:

Blood tests

You will need to have blood tests before each supply of Capecitabine. These may be done at the hospital or at your GPs. If you are able to have the blood tests at your GP practice the doctor or nurse will give you a blood form stating the tests you need to have. This blood form should be taken to your GP practice. The phlebotomist at your GP practice cannot take any blood tests without this form.

What should I do if I experience side-effects?

If you experience any of the following side-effects on the next page or if you are feeling generally unwell or have any concerns please contact St. James's University Hospital using the contact telephone numbers you have been given.

Do not take any further capecitabine doses until it has been confirmed by your medical team that it is ok to do so.

Side-effects



Diarrhoea: An increase of more than four bowel movements above your normal daily level or any at night.



Hand-foot syndrome or skin reactions: Pain, swelling and redness of your hands and/or feet.

Rare Skin Reaction: Very rarely indeed (in fewer than one in ten thousand patients treated) capecitabine can cause a severe skin condition with blistering, peeling or breakdown of the skin. Sometimes this occurs at the same time as eye problems and/or flu like symptoms.



Vomiting (being sick): If you vomit more than once in any 24 hour period.



Fever or infection: If you have a temperature of 38°C (100°F) or more, or show other signs of infection.



Nausea (feeling sick): Feeling the need to be sick, this may give you a reduced appetite and you are finding it hard to eat and/or drink.



Chest Pain: Angina-like pain in the chest. This may feel like a pain in the centre of your chest.

If you experience this please ring 999 (Ambulance) immediately. Do not take anymore Capecitabine tablets until you have been assessed by a Health Professional.



Mouth ulcers: If you have pain, redness, swelling or sores in your mouth, and you are finding it hard to eat and/or drink.

Your treatment diary

How to use this diary

After you have taken each dose of Capecitabine, write down the time you take your tablets.

If you experience any of the side-effects mentioned, please make a note in the space provided even if they occur during your rest week.

If your doctor or nurse has told you to **stop** your dose of Capecitabine, write '**stop**' until you are told to start taking it again.

Doctor/nurse appointments

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Notes

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Example

Date: 18/11/14	Patient Notes:
Time taken (please tick) am: 8:30 <input checked="" type="checkbox"/> pm: 8:30 <input checked="" type="checkbox"/>	Diarrhoea twice, once in the morning and once at night.

Cycle Week

Your doctor or nurse will fill in which Cycle and Week you are on.

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Cycle Week

Your doctor or nurse will fill in which Cycle and Week you are on.

Date:	Patient Notes:
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Leeds Cancer Support

Leeds Cancer Support complements care provided by your clinical team. We offer access to information and a wide range of support, in a welcoming environment for you, your family and friends.

We can be found in the information lounges in Bexley Wing and also in the purpose built Robert Ogden Macmillan Centre.

The Sir Robert Ogden Macmillan Centre

The Centre is on the St James's Hospital site and offers a variety of support services including counselling, support groups and complementary therapies. These therapies include Reiki, relaxation and visualisation, hand and foot massage and many others. You can just drop in for a coffee and a chat anytime. Open from 10am - 4pm Monday to Friday.

Contact numbers for Leeds Cancer Support

Information Lounge Level -2 Radiotherapy Department

Open from 8.00am - 6.00pm Tel: **(0113) 206 7603**

Information Centre Level 1 Outpatients Department

Open from 9.00am - 4.00pm. Tel: **(0113) 206 8816**

Sir Robert Ogden Macmillan Centre

Open from 9.00am - 4.00pm. Tel: **(0113) 206 6498**

All the above services can be emailed on:

leedsth-tr.cancersupport@nhs.net



What did you think of your care?

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Your views matter



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